

Hay Fever: It Isn't Hay, It Isn't Fever

"Hay fever" isn't caused by hay nor is there any fever with it. But, no matter what it is called, approximately 10 million Americans this summer will huff and puff, wheeze, sneeze, and cough while they dab at watery and itchy eyes.

Ragweed is the big culprit in northeastern United States, but in California other weeds and particularly grass pollen are usually the cause of uncomfortable symptoms.

Hay fever is one of the most common of allergies. What causes it? Medical scientists know that hay fever is caused by substances called allergens. In ragweed hay fever, for example, the person breathes the fine ragweed pollen or "dust" which contains an allergen. Its effect,

when breathed, is to speed up the production of body defenses. In this process the body manufactures and releases powerful chemicals. One of these chemicals, histamine, is the villain because it produces the uncomfortable symptoms by acting upon cells in the lining of the nose and throat.

ONE THING is sure: Hay fever can make a person's life miserable. It can affect general health through loss of sleep and appetite. Worse yet, complications can produce serious trouble with the ears, nose, throat, and sinuses. The working person with hay fever loses an average of one week per year from work, reports the Allergy Foundation of America.

Seasonal hay fever, caused

by pollens in the air, is the most common type of hay fever. It occurs only at the time of year when the plant causing it is in bloom. Spring hay fever is caused by tree and grass pollens; summer and fall hay fever is caused by grasses and weeds. In some sections of California, pollen may be in the air nearly the year around—the season may last from February until December, instead of two months as in the northeastern states.

IF YOU HAVE hay fever, you may be sensitive to other substances in addition to pollens—such as food, house dust, animals, etc. With the use of allergy tests your physician may be able to determine which substances are responsible.

After your doctor finds out what causes your hay fever, he may suggest a series of treatments that often reduce sensitivity and prevent further attacks for varying periods of time.

Various eye or nose drops, sprays, or oral medications—prescribed by a physician—may be useful in relieving the symptoms of hay fever. Many improved remedies have been developed during the last several years.

The best protection against hay fever is to stay away from the offending substance. Avoid exposure by keeping away from areas where it is prevalent. Your doctor can advise you regarding hay fever substances in your area.

Prepared and released as a public service by the California Medical Association. Specific questions on this subject should be directed to your physician.

'Family Portrait' Set At Wayfarers' Chapel

The annual presentation of "Family Portrait" will open at Wayfarers' Chapel, Saturday, at 8 p.m. Additional performances are scheduled Sept. 30 and Oct. 1.

The secular play, presented in Biblical costume, features Ethel Swanton of San Diego as Mary, the Mother of Jesus. This is the role which Judith Anderson first played on Broadway in 1939 and depicts Mary's reaction to the impact of her son's teachings upon neighbors and family members. Miss Swanton will be joined by a cast representing seven southland communities.

There will be no admission charge to the drama which is designed to interest the entire family. An offering will be taken each evening to help defray production costs.

The presentation will be held in the outdoor amphitheatre and persons attending should bring a warm coat. Coffee will be served during intermission.

High Court Decisions Draw Mail

Recent court decisions affecting law enforcement drew the heaviest mail to his office during July, Congressman Alphonzo Bell (R-28th District) disclosed today.

Letters generally asked him to express concern about court decisions which constituents feel hamper law enforcement, Bell said.

Other subjects which drew heavy mail Bell said asked him to:

- Urge adoption of the proposed 1966 civil rights bill.
- Support the present conduct of the war in Southeast Asia.
- Oppose the housing section of the Administration's 1966 civil rights bill.
- Urge adoption of the truth-in-packaging legislation.
- Oppose the plan to build a dam in the Grand Canyon.
- Criticize the administration of the war on poverty.
- Urge de-escalation and military withdrawal from Viet Nam.
- Express concern about the effects of strikes in the nation's transportation industries.

'Pollution' Subject of Bell Study

Selection of the House Science and Astronautics Committee report on "Pollution Abatement" as the study document for his Great Issues Study Program was announced this week by Congressman Alphonzo Bell (R-28th District).

The study program is a regular feature of Bell's newsletter report to voters in the 28th Congressional District. A limited supply of the committee report is available, Bell said. Constituents desiring copies should write to him in care of the Congressional Field Office, Los Angeles 24.

Auction Set for Stamp Club Meet

An auction will be featured at the Torrance Stamp Club meeting Monday at 7:30 p.m. in the Scott Park Community Building, 23410 Catskill Ave., Wilmington. Further information is available by telephoning TE 4-6718.

SACRAMENTO REPORT

Getting a Charter Helps Cities Insure Home Rule

By CHARLES E. CHAPEL, Assemblyman, 46th District

In a previous issue of the Press-Herald, I explained that general law cities, such as El Segundo, Manhattan Beach, Hermosa Beach, Torrance, etc., can gain more authority for "home rule" by obtaining a charter from the State Legislature.

Torrance, Redondo Beach, and the City of Los Angeles are examples of chartered cities having large areas within the 46th Assembly District. Here is the procedure for obtaining a charter:

1. A petition is signed by not less than 15 per cent of the registered voters of a city seeking a charter. On receipt of the petition, the city council must call an election to choose fifteen members known as freeholders, and the election must be called at any time not less than 30 days nor more than 60 days from the date on which the petition is filed.

2. Candidates for the office of freeholders are nominated in much the same manner as candidates for the city council. At the election, the voters vote first on the question of whether a board of freeholders shall be elected to frame a charter (or a new charter if the city is already chartered). Secondly, the voters vote for the candidates.

3. If there is a majority of votes cast in favor of framing a charter, then the fifteen candidates receiving the highest number of votes must organize as a board of freeholders. If there is less than a majority vote on framing a charter, no board of freeholders is elected.

4. Within one year after the result of the election of freeholders, the board must prepare and propose a charter which is then signed by a majority of the members of the board and filed with the city clerk. Fifteen days after the filing, the city council must cause the proposed charter to be published at least once in the official newspaper of the city and in each edition thereafter during the day of publication. This means that if the newspaper has more than one edition, all editions must carry the charter.

5. If there is no such official newspaper for publishing city legal notices, the publication of the charter must be made in a newspaper of general circulation within the city and all editions issued during the day of publication.

6. If the city has a population of more than 50,000, the city council must also cause copies of the charter to be printed in pamphlet form in type of not less than 10-point and must cause copies to be mailed to each qualified elector (voter) of the city and, until the day fixed for the election upon the charter, advertise in a newspaper of general circulation a notice that such copies may be had on application.

7. The charter is then submitted to the voters of

the city, either at a special election held not less than 60 days from the publication of the charter, or at the next general election following the expiration of the 60-day period.

8. If a majority of the voters vote in favor of the charter, the charter is ratified and submitted to the California State Legislature, in the form of a bill, if the Legislature is in session, or at the next regular or special session. Normally, the Legislature passes the bill and the charter is issued.

The above is a re-statement of Legislative Opinion No. 1907, signed Sept. 1, 1966, by the Honorable George H. Murphy, Legislative Counsel, at my request. There is another method of obtaining a charter, which will be explained in a subsequent report.

As previously stated, if any general law city in the 46th Assembly District wants more home rule than they have now, I am more than glad to assist them in obtaining a charter. In the past, I have obtained amendments to their charters for Redondo Beach and Torrance. This is a much easier and simpler process than obtaining a new charter for a general law city.

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